



# FOOD PRESERVATION SKILL MANUAL GRADE VII

Central Board of Secondary Education  
Shiksha Kendra, 2, Community Centre, Preet Vihar, Delhi - 110092



## ACKNOWLEDGEMENTS

### Advisory

- **Smt. Nidhi Chhibber** (IAS), Chairperson, Central Board of Secondary Education, Delhi
- **Dr. Biswajit Saha**, Director (Skill Education), Central Board of Secondary Education, Delhi
- **Dr. Joseph Emmanuel**, Director (Academics), Central Board of Secondary Education, Delhi

### Coordinator & Curator:

- **Shri. R. P. Singh**, Joint Secretary (Skill Education), Central Board of Secondary Education, Delhi
- **Smt. Niti Shanker Sharma**, Deputy Secretary (Skill Education), Central Board of Secondary Education, Delhi
- **Shri. Sandeep Sethi**, Coordinator, Princess Diya Kumari Foundation

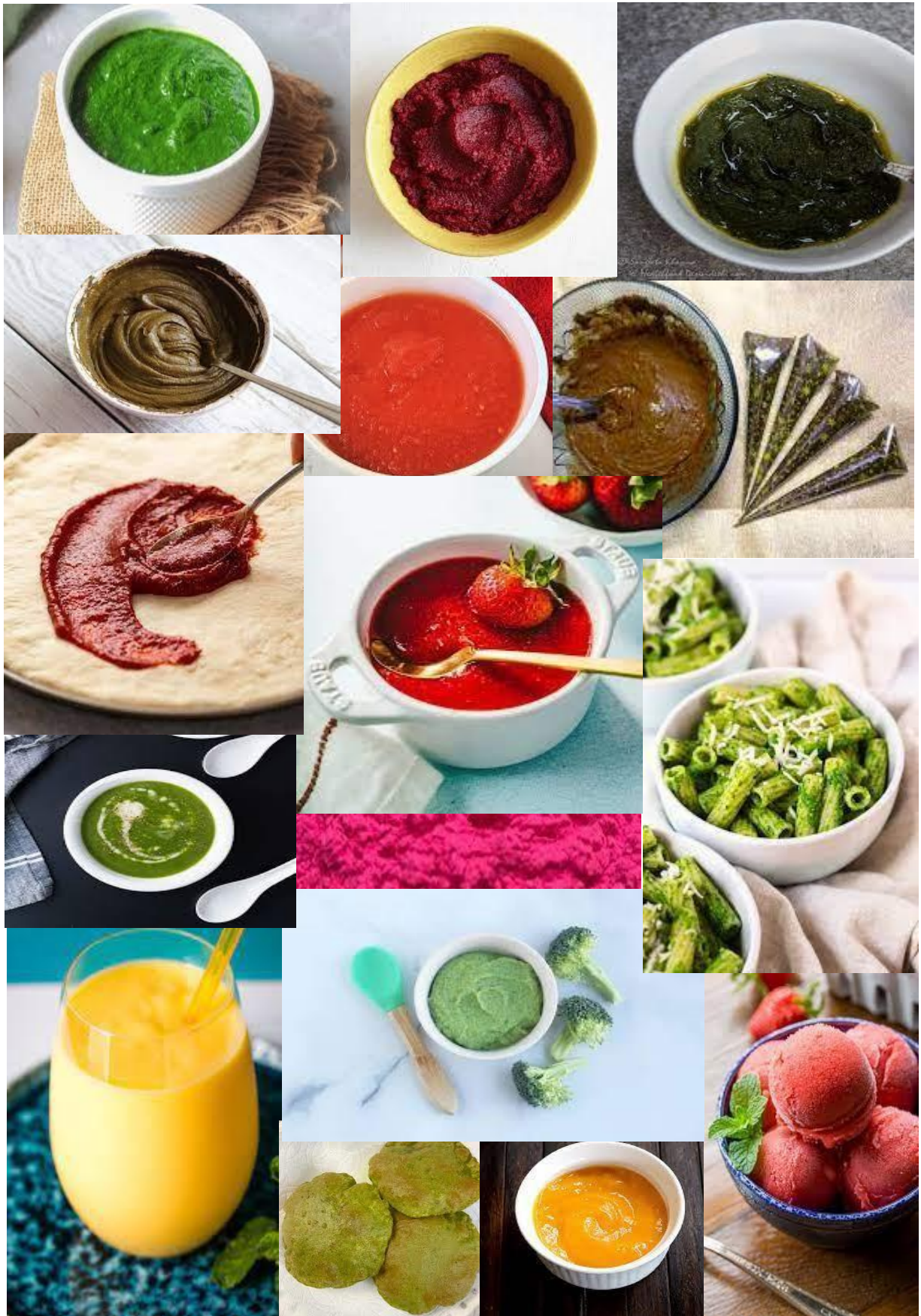
### Content Development Committee:

- Mrs Sharmila Raheja (Principal)
- Mrs Mehek Bhargava (TGT Social Science)
- Mrs Varnika Singh (TGT Science)
- Mrs Ankita Sethi Sahani (TGT Computer Science)
- Mrs Amita Shukla (Coordinator VI-VIII)

### Layout and Design:

- Mr Arbind Singh (PGT Painting)
- Mr Murari Jha (TGT Art)
- Mrs Meenakshi Kaushik (TGT Science)





## FOREWORD

With an aim to overcome the social status hierarchy associated with Skill (Vocational) Education, the NEP 2020 has recommended integration of Skill Education Programme in mainstream education in all the educational institutions and exposing students at early ages to quality Skill Education through the middle and secondary school and smooth integration into higher education/vocation.

The world of academia has an important responsibility to meet the requirements of the practical world and prepare students with the knowledge and skills that they require to adapt to the new world order. In this direction, it is prudent to expose them to such concepts early on their educational journey.

This handbook on 'Food Preservation' is a step in this direction. This food preservation manual aims to introduce students about food safety and preservation through hands-on activities. Food Preservation has been a part of our society for cultural reasons as well as sustenance.

The underlying thought behind creating this manual is to help young learners explore traditional as well as modern methods of food preservation along with its scientific understanding.

We would like to congratulate Mrs. Sharmila Raheja (Principal, Uttam School For Girls), Princess Diya Kumari Foundation for their constant support to accomplish the project successfully. We would also like to thank all members of team who worked towards completion of this manual.

Due care has been taken to keep the book content simple and easy to understand. The progression of topics too is carefully designed as it transitions from the most fundamental concepts of Food Preservation in a guided manner.

We sincerely hope that the handbook is well received by the students, and they can leverage the learnings provided therein. Any suggestions for the improvement of the book are welcome.

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# CHAPTER 1

## PRESERVATION

### Learning Objectives

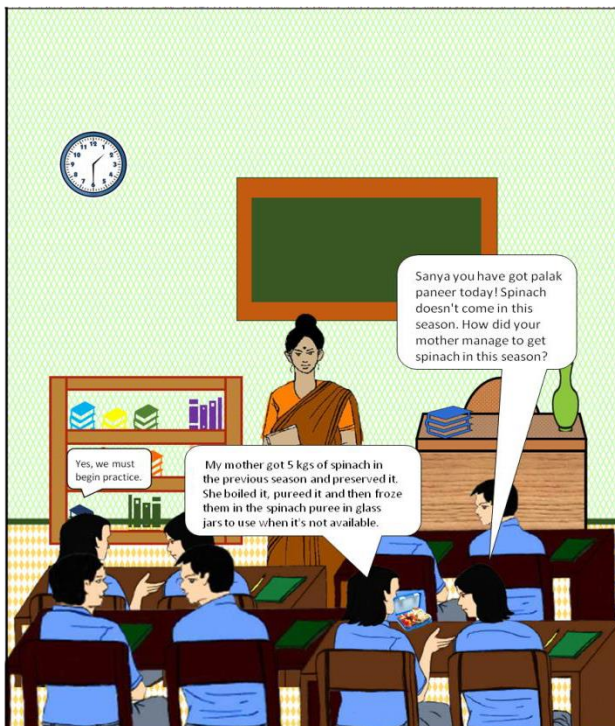
- To appreciate and understand preservation
- To know about various methods of preservation
- To understand the need for preservation

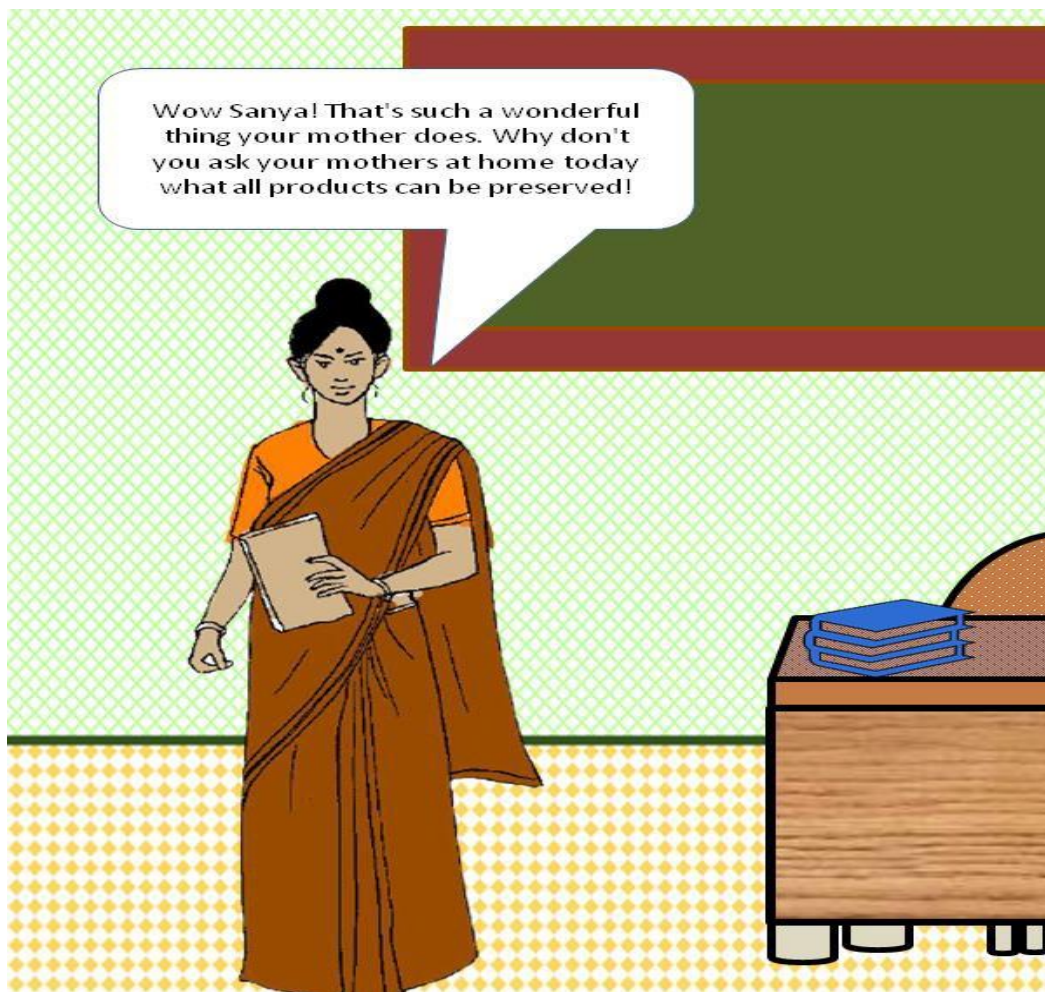
### Learning Outcomes

- The students would be able to know the origin of preservation, with its need and purpose.
- The students would be able to enlist the methods of preservation.

### Development of Skills and Competencies

- Problem solving
- Culinary skills
- Thinking and comprehension
- Effective communication





Wow Sanya! That's such a wonderful thing your mother does. Why don't you ask your mothers at home today what all products can be preserved!

## MEANING OF PRESERVATION

A method by which food is kept away from spoilage after harvest and helps increase the shelf life of food is termed as preservation. Some of the oldest methods of preservation are drying, refrigeration, and fermentation. Modern methods include canning, pasteurization, freezing, irradiation, and the addition of chemicals. Advances in packaging materials have played an important role in modern food preservation.

### ACTIVITY TIME

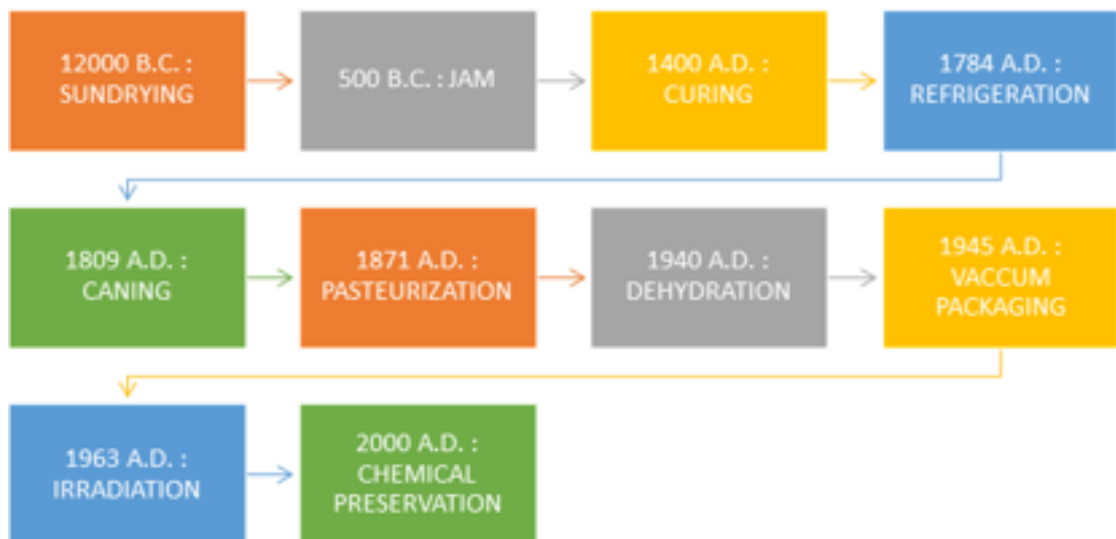
Find out the commonly used products which can be preserved, and the processes involved in preserving food.

## HISTORY AND METHODS OF PRESERVATION

Ever wondered where food preservation started from? For a clear picture of the food preservation history, let's take a walk-through of some of the methods existing since ages.

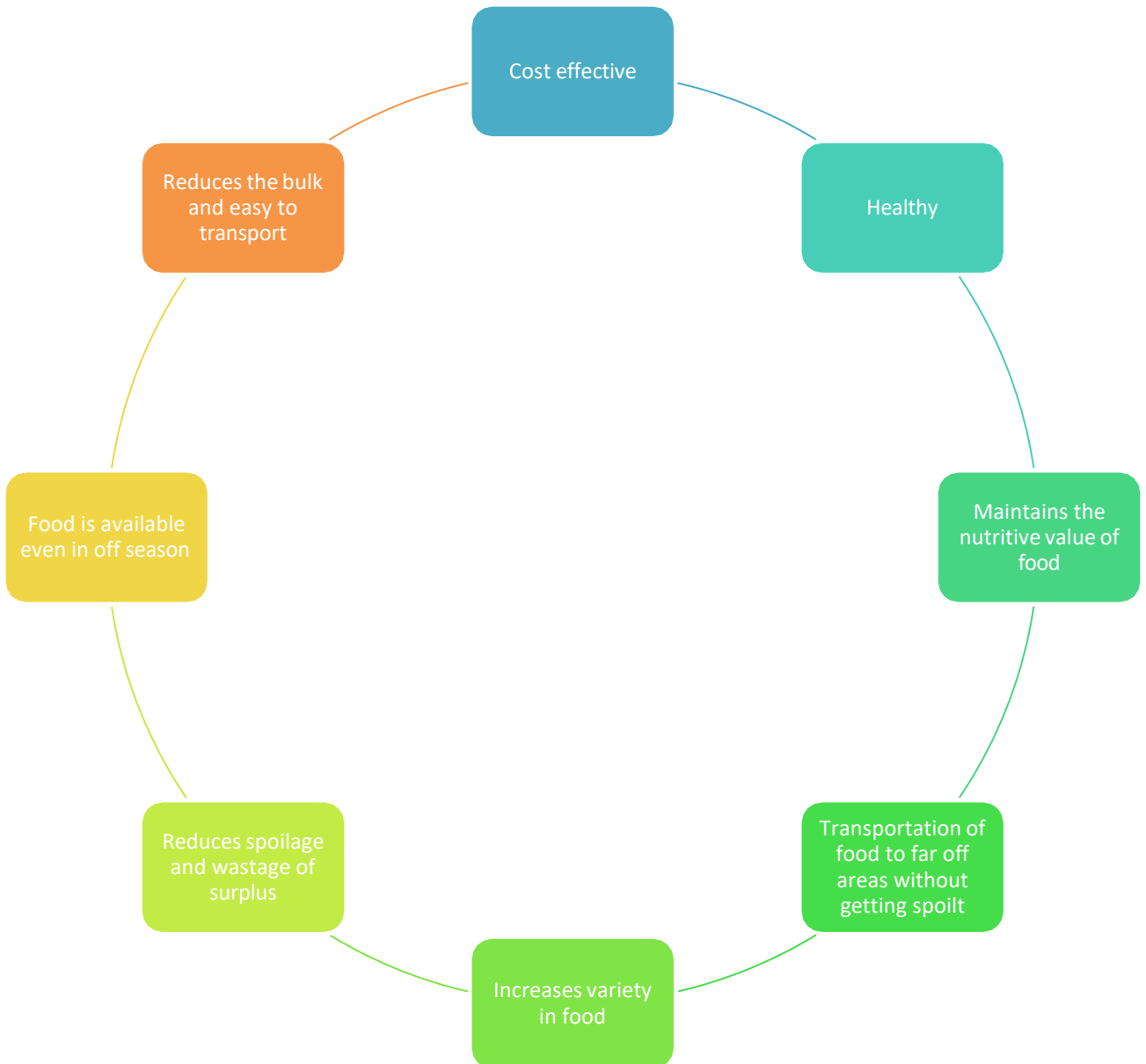
As time went by, there was more research and innovation which gave birth to a horde of new efficient and easy to implement techniques. New food preservation methods have been discovered or improved from their older models over time.

The traditional methods such as smoking has been improved to electronic smoking, while sun drying has been modernized to electronic dehydration. Other food conservation methods were invented, for instance, there was the invention of pasteurization, dehydration, and irradiation among others.





## PURPOSE OF PRESERVATION



## ASSESSMENT

1. Which of the following is not a traditional method of preservation?
  - a. Pasteurization
  - b. Drying
  - c. Refrigeration
  - d. Fermentation
  
2. Which of the following is an improved method of a traditional method of preservation?
  - a. Smoking
  - b. Dehydration
  - c. Freezing
  - d. Canning
  
3. Complete the following sentences:
  - a. Method by which food is kept from spoilage after harvest is termed as \_\_\_\_\_.
  - b. The traditional method of sun drying has been modernized to \_\_\_\_\_.



## **CHAPTER 2**

### **PUREES**

#### **Learning Objectives**

- To understand the need for pureeing
- To know how purees came into existence
- To identify items that can be pureed
- To acknowledge the methods used for making purees

#### **Learning Outcomes**

- The students would be able to know the origin and purpose of purees.
- The students would be able to learn the skill of puree making and use it in their day-to-day life
- The students would be able to enlist items that can be pureed and their procedure.

#### **Development of Skills and Competencies**

- Problem Solving
- Culinary skills
- Critical Thinking and Comprehension
- Communication Skills
- Entrepreneurship

#### **MEANING OF PUREES**

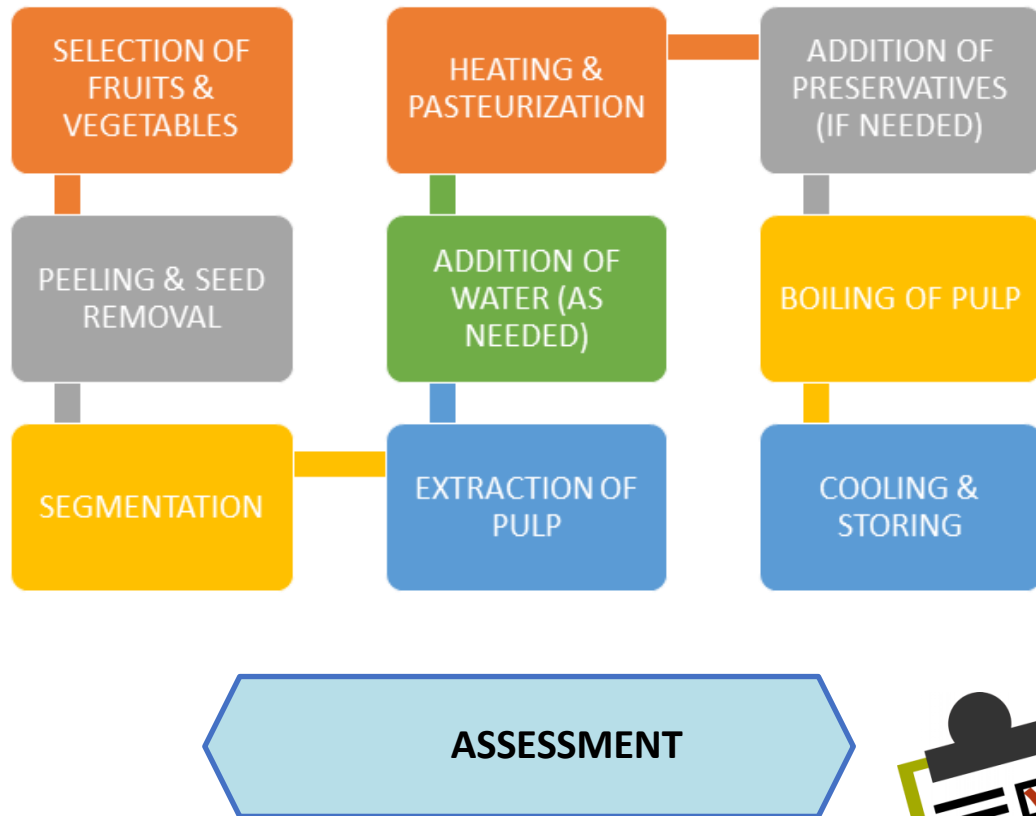
In principle, purees can be made from any fruit or vegetable. These products can be made by carefully evaporating water to concentrate the pulp, with constant stirring to prevent darkening or localised burning. The concentration of solids in the paste is normally around 36%. The high solids content and natural acidity are sufficient to preserve the product for several days, but pasteurisation in bottles or cans is needed for longer shelf life. In some preparations, sugar, salt, citric acid and vinegar are added to assist in preservation.



## HISTORY OF PUREE MAKING

There is not much information as regards to the origin of purée as such although the term purée hails from France. In French purée refers to the feminine of pure which is past participle of purer to purify, strain, and again from Latin purare to purify, from purus.

## METHODS OF PREPARING PUREES



Q1. What is puree?

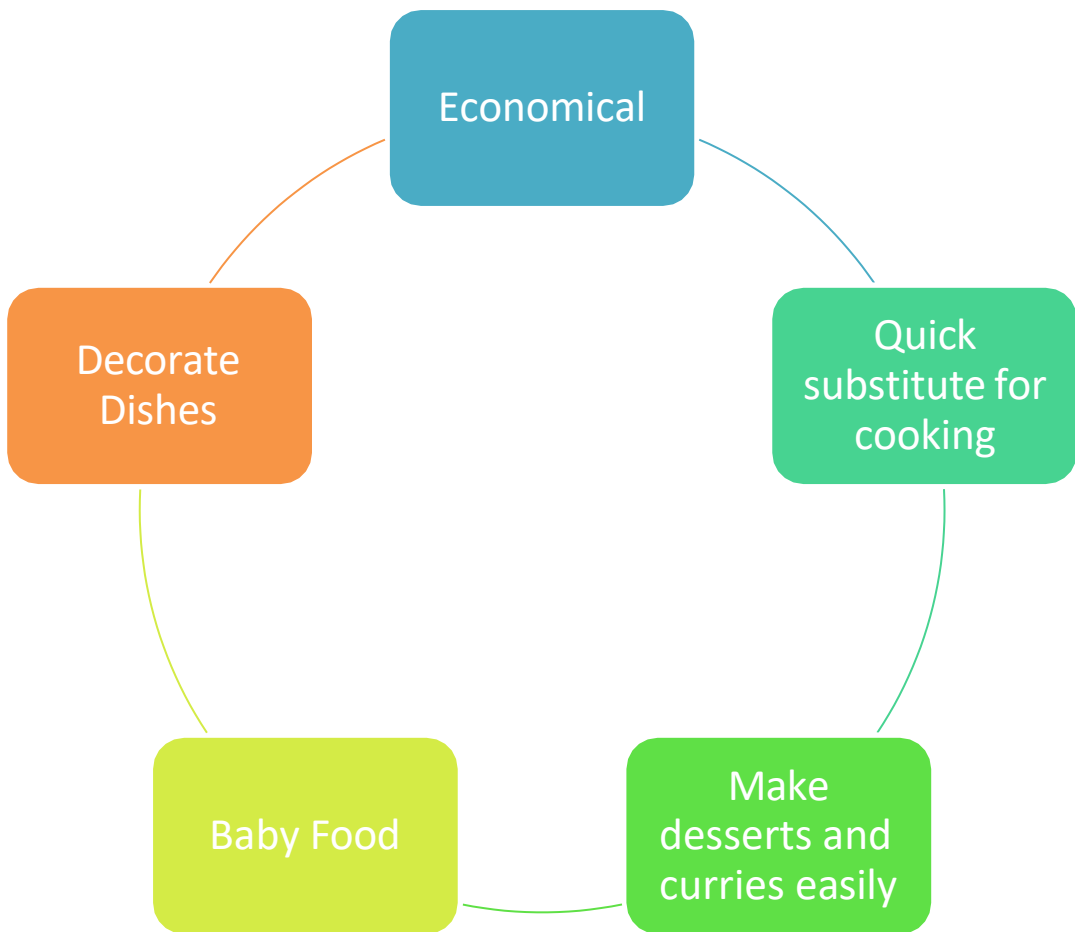
Q2. Complete the sentences:

- The concentration of solids in the paste in a puree is around \_\_\_\_\_.
- The term puree hails from \_\_\_\_\_.
- \_\_\_\_\_, salt and vinegar are added to assist in preservation.
- \_\_\_\_\_ is the last step for the preservation of a puree.

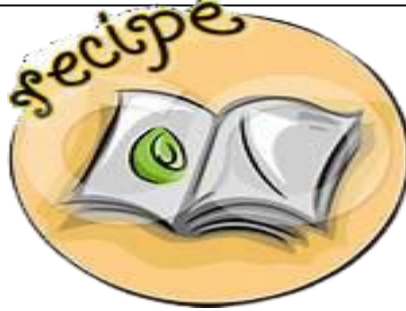
## ITEMS THAT CAN BE PUREED

FRUITS	VEGETABLES
Mango	Tomato
Strawberries	Spinach
Apple	White Goosefoot (Bathua)
Banana	Mustard (Sarso)
Apricot	Carrots
Peach	Beetroot
Plums	Sweet Potato
Papaya	Broccoli
Tamarind	Peas

## PURPOSE OF PUREES







Purees are easy to make and use. Almost all purees follow a similar procedure to make and preserve before they are ready to use.

## MANGO PULP (BASIC)

### Ingredients:

Mango: 1 kg

Citric acid

Sugar: 1-2 teaspoon



<https://images.app.goo.gl/jN7DxKu7nADTqY2g9>

### Procedure:

- Wash and Peel Mango, followed by deseeding them.
- Cut them into segments and put them in a blender.
- Blend into a smooth pulp.
- Add sugar, if desired.
- Add citric acid to increase shelf life of the puree.
- Store in a jar or pour in ice trays and freeze in the fridge upto 03 months.



## MANGO SHAKE

### Ingredients:

- Mango Pulp: as per need
- Milk: 2 cups
- Sugar: as desired

### Procedure:

- Blend in some milk and mango pulp.
- Add sugar if needed
- Pour in mould and freeze



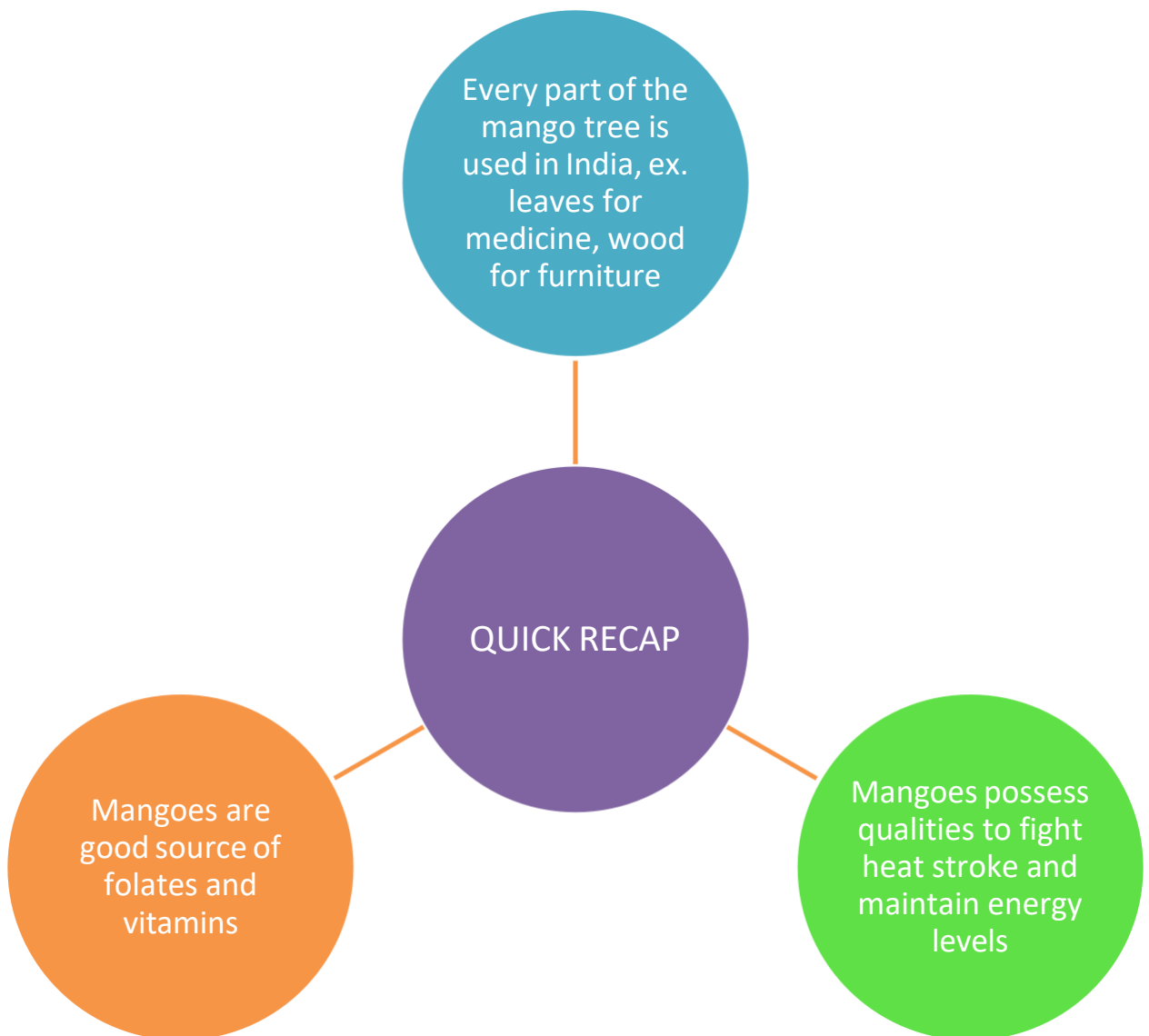
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### ACTIVITY : GROUP-ISM

There are plenty of varieties of mangoes. Find out the different types of mangoes available in India, their shape and colour, the products made from them, and city that they are found in.

## INFO BUBBLE

Mango is known as the 'king of fruits.' They first appeared in India over 5,000 years ago. Mangoes are related to cashews and pistachios. Their trees can grow up to 100 feet with a canopy of over 35 feet and can bear fruit for about 100 years.





## ASSESSMENT

1. Check if the following statements are True or False:

- a. Mango Pulp need not be stored in a fridge.
- b. Mango Pulp cannot be stored without boiling.
- c. Washing and Peeling is the first step in the making of Mango Pulp.

2. Think and mention a few uses of the preserved Mango Pulp Puree.



## WHITE GOOSEFOOT PUREE (BATHUA)

### Ingredients:

**White goosefoot:** 1 kg

**Salt:** 1-2 teaspoon

### Procedure:

- Wash the leaves thoroughly to remove any dirt.
- Chop roughly and steam for a few minutes with salt.
- Once cool, blend into a smooth paste in a blender.
- Store in a jar in the fridge or freeze into cubes.



<https://images.app.goo.gl/XrhegkHLhz9fmwJE8>

## WHITE GOOSEFOOT (BATHUA) PURI

### Ingredients:

- White Goosefoot Puree: as per need
- Whole wheat flour: 2 cups
- Salt: 1 teaspoon
- Carrom Seeds: a pinch
- Ginger: half teaspoon(optional)



### Procedure:

1. In a bowl, add whole wheat flour, white goosefoot puree, salt, carrom seeds, and ginger.
2. Make into a tight dough and keep aside for a few minutes.
3. Roll into puris and fry in hot oil.



<https://images.app.goo.gl/C4pKE241Ta5WPXeX7>

## INFO BUBBLE

Bathua is a highly nutritious winter vegetable. It was likely cultivated in Neolithic Europe (7,000-1700 BC), and was also found in China circa 5<sup>th</sup> century AD.

The leaf part of  
the bathua is  
consumed

### QUICK RECAP

Bathua is rich in  
calcium,  
potassium,  
magnesium,  
and vitamins A,  
C and B6

Bathua can be  
eaten as a stir-  
fried vegetable  
or its puree can  
be used in  
bread and curds



## ASSESSMENT

1. Complete the following statements:

- White Goosefoot is commonly known as \_\_\_\_\_.
- \_\_\_\_\_ is added to the paste of White Goosefoot which acts as a preservative.

2. Choose the correct option:

White Goosefoot is a rich source of:

- Vitamin K
- Phosphorous
- Vitamin A
- Vitamin 12



## TOMATO PUREE

### Ingredients:

- Tomato: 1kg
- Salt: 2 teaspoon
- Sugar: 2 teaspoon
- Sodium Benzoate



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### Procedure:

- Wash tomato and score them on one side.
- Blanch the tomato to remove the skin.
- Once cool, remove the peel and chop it into 4-6 pieces.
- Blend until smooth and transfer to a large colander to strain out the seeds.
- Now place the smooth pulp into a large saucepan.
- Add sodium benzoate, sugar, salt and cook till thickens.
- Once cool, strain the puree and store in bottles in the fridge or freeze into cubes.

## PIZZA PASTA SAUCE



### Ingredients:

- Tomato Puree: 1 cup
- Oregano: 2 teaspoons
- Finely Chopped Garlic: 1 teaspoon
- Olive oil: 1 teaspoon
- Salt: as per need



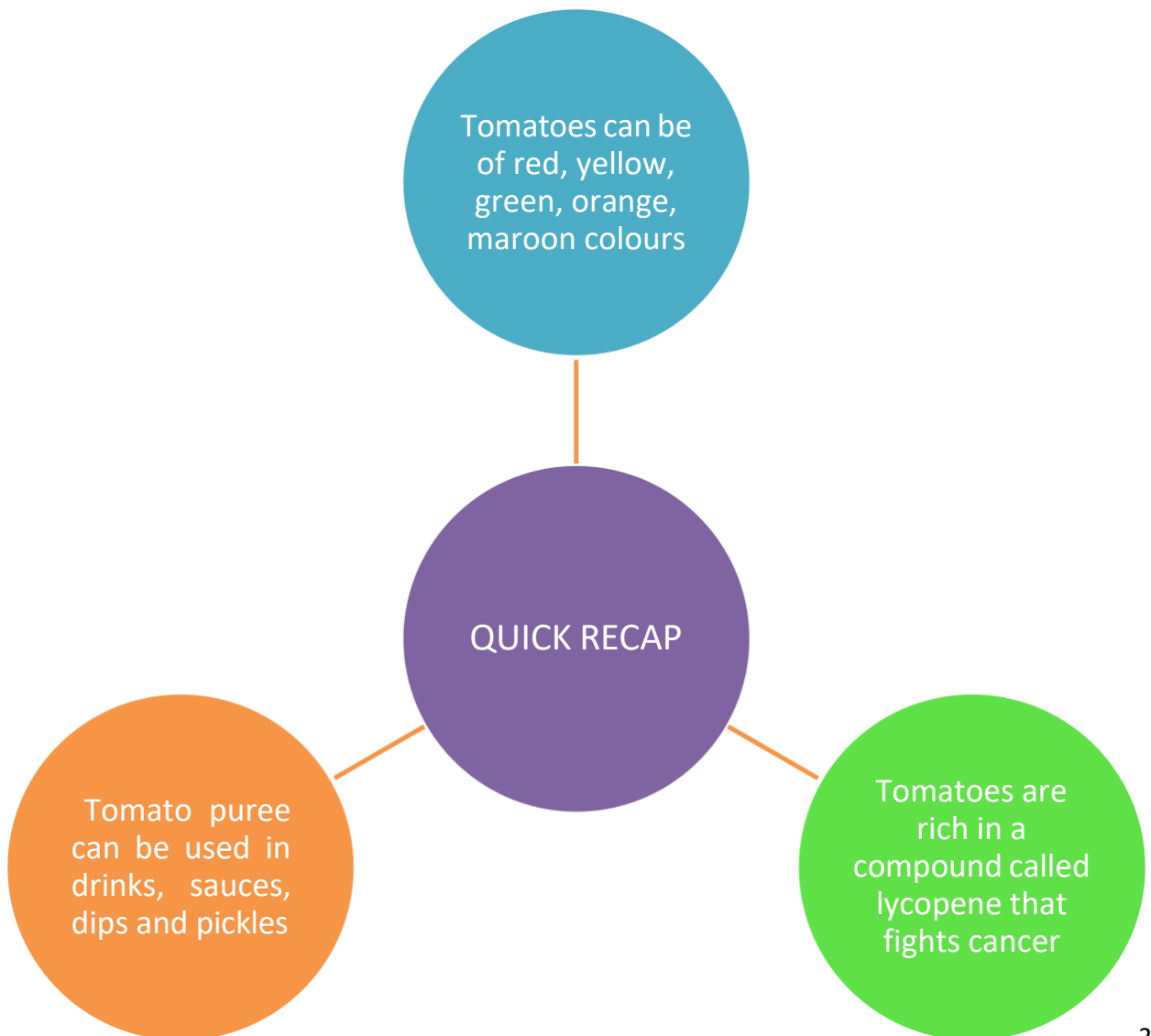
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### Procedure:

- In a pan, heat olive oil.
- Sauté garlic and add tomato puree.
- Add oregano and salt, and cook till thick.
- Use it as pizza sauce or to make pasta. This can be stored for later use also.

## INFO BUBBLE

Tomato is actually a fruit that originated in South America, mainly in Peru and Ecuador. It can be of multiple colours that have different tastes and uses.



## ASSESSMENT

1. Answer the following questions in one word.
  - a. Name the method of preservation used in tomato puree formation.
  - b. Name the ingredients used in Tomato Puree formation.
  - c. Give one use (other than the one mentioned) of the Tomato Puree in your daily life.



## STRAWBERRY PUREE

### Ingredients:

- Strawberry: 1kg
- Sugar: 100 gms
- Lemon: a few drops

### Procedure:

- Wash strawberries and pat dry.
- Blend into a smooth paste.
- On low heat, add sugar and cook for 15 minutes.
- Add a few drops of lemon and freeze in ice trays to use for prolonged time periods.



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## STRAWBERRY SORBET



### Ingredients:

- Strawberry Puree: 1 cup
- Water: 1 cup
- Sugar: 2 tablespoons

### Procedure:

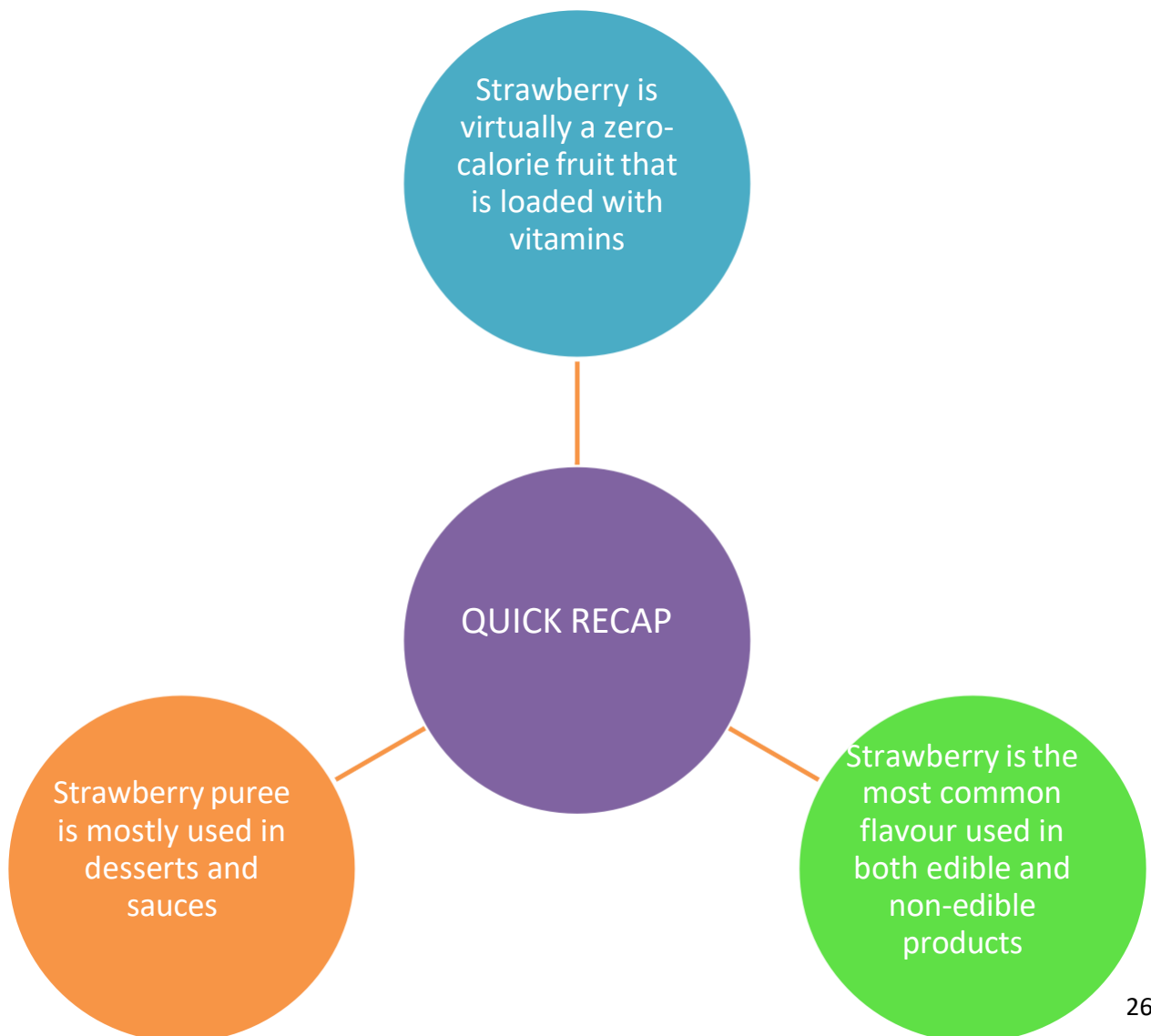
- In a saucepan, boil some water and add sugar to it. St sugar dissolves completely and the liquid cools down.
- Stir in the strawberry puree and pour in the mould.
- Freeze till set.



<https://images.app.goo.gl/Z9uiEtq2JXNaW3Ch9>

## INFO BUBBLE

Strawberry is the only fruit that has seeds on the outside. It is native to Europe. It gets its red colour due to the presence of a compound named anthocyanin.





## ASSESSMENT

Q1: Answer the following question in one word:

- a. Name the pigment that gives a red colour to strawberries.
- b. Name the only fruit which has seeds outside it.

Q2: Choose the correct option:

- a. Which fruit is known as cholesterol-free and low-calorie food?
  - Mango
  - Strawberry
  - Beetroot



## BROCCOLI PUREE

### Ingredients:

- Broccoli: 1kg
- Salt: 1-2 teaspoon



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### Procedure:

- Cut Broccoli into bite-size pieces and wash.
- Blanch until tender.
- Once cool, blend into a smooth paste and add salt.
- Store in a jar in the fridge or freeze into ice cubes.

## GREEN SAUCE PASTA

### Ingredients

- Broccoli Puree: 1 cup
- Boiled Pasta: 2 cups
- Cream: 200 gms
- Cheese: as per need
- Pepper: half teaspoon



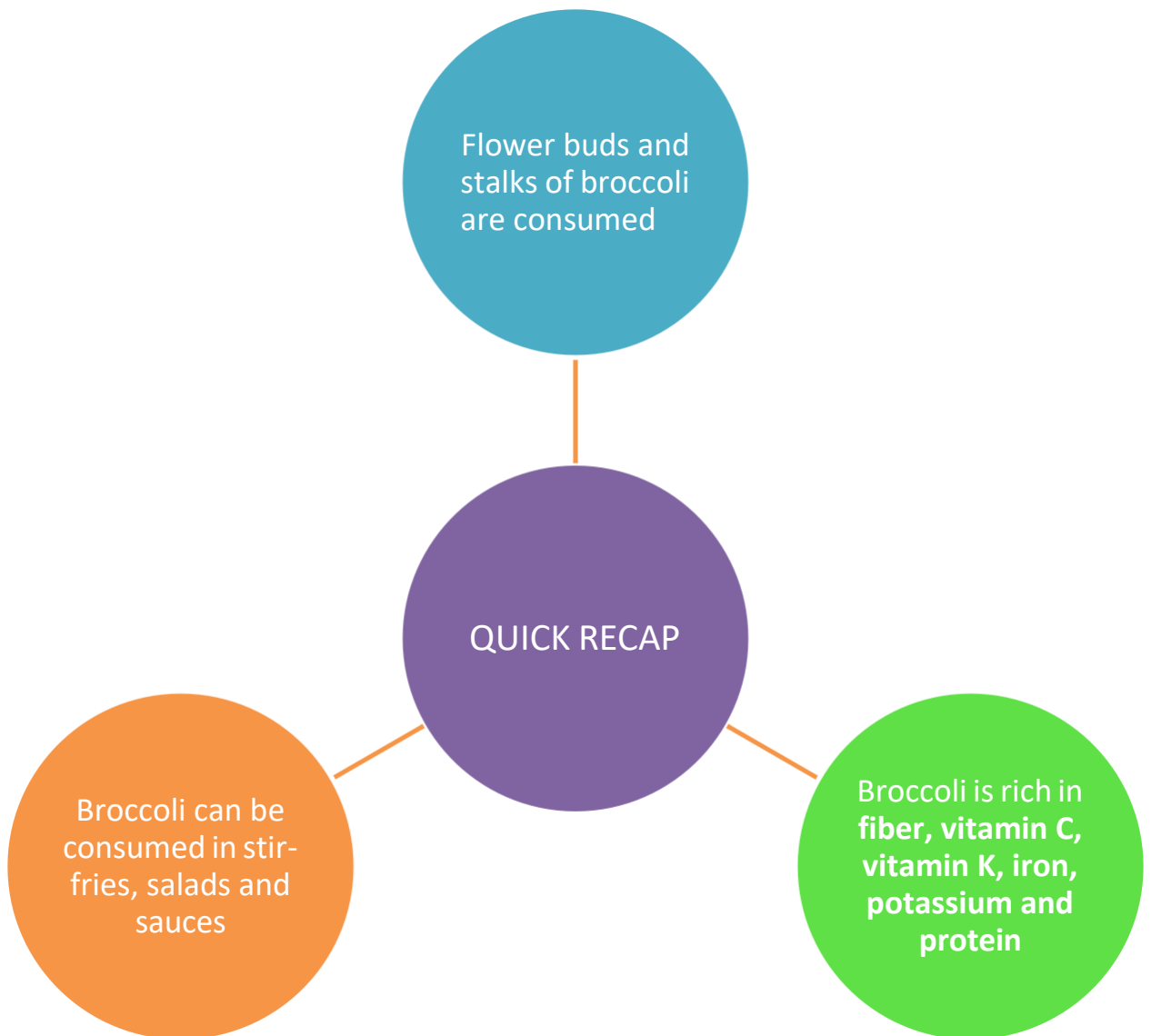
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### Procedure:

- In a pan, add some broccoli puree and cream.
- Cook till smooth and creamy.
- Add boiled pasta, pepper, and toss a bit.
- Garnish with grated cheese and serve.

## INFO BUBBLE

Broccoli is a form of cabbage that belongs to the mustard family. It is native to the eastern Mediterranean and Asia Minor. It was cultivated in Italy in ancient Roman times and was introduced to England and America in the 1700s



## ASSESSMENT

Q1: Complete the following statements.

- Broccoli is a good source of \_\_\_\_\_.
- Broccoli puree can be used in \_\_\_\_\_.
- In Italian, the term “Broccoli” means \_\_\_\_\_.

Q2: State whether the following statements are true or false:

- Broccoli can be eaten both raw and cooked.
- Broccoli cannot be preserved in the puree form.



## BEETROOT PUREE

### Ingredients:

- Beetroot: 500gms
- Water: as required

### Procedure:

- Wash and peel the beetroot
- Cut into cubes
- Boil the beetroot cubes and strain
- Once cooled, add the cubes into a blender and blend to get a smooth puree



<https://images.app.goo.gl/RKSjERimG3RAuYGE8>



## ORGANIC COLOUR FROM BEETROOT

### Ingredients:

- Beetroot puree: 500gms
- Cornflour: 500 gms
- Essential oil: a few drops



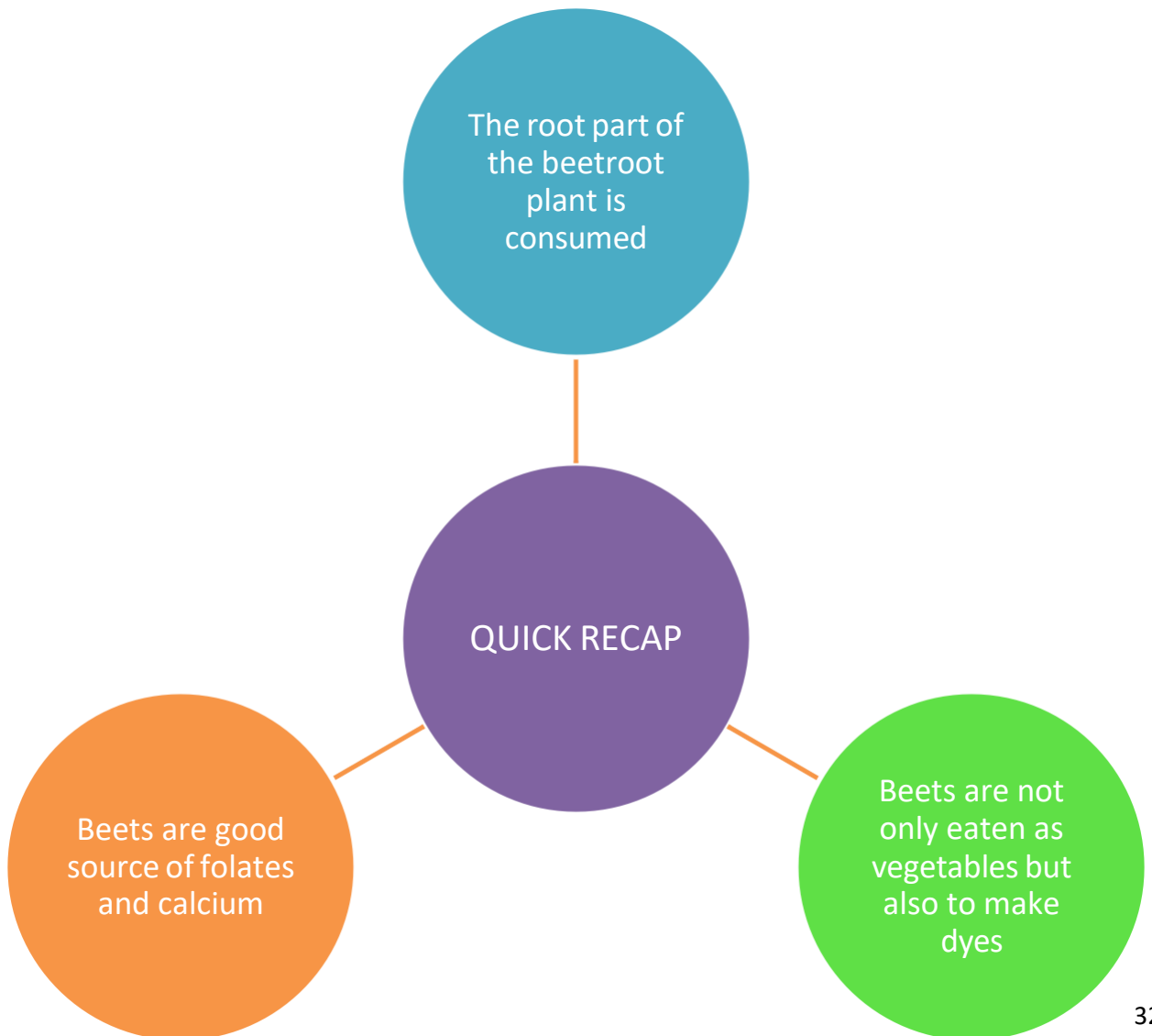
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### Procedure:

- In a bowl, mix together the beetroot puree and cornflour making a semi-dry mixture.
- Add a few drops of essential oil.
- Spread the semi-dry mixture on a baking paper and allow to dry under the sun or fan for a few hours.
- Once dry, this mixture can be powdered using hands or blender.
- Store in airtight packets for a prolonged duration.

## INFO BUBBLE

Beetroot was domesticated in the ancient Middle East, primarily for its greens, and was grown by the Ancient Egyptians, Greeks, and Romans. In the Roman era, it is thought that they were cultivated for their roots.





## ASSESSMENT

Q1. Choose the correct option

a. Beetroot is which part of a plant.

- Flower
- Stem
- Root

b. Beetroot is a good source of

- Vitamin C
- Calcium
- Vitamin A and K



## HENNA PUREE (MEHNDI)

### Ingredients:

- Mehndi leaves: 1kg
- Water: as required

### Procedure:

- Wash the collected mehndi leaves and pat them dry.
- In a blender, add leaves and a little water and blend into a smooth paste.
- Using a strainer, strain the puree to get a smooth paste.
- Store in an airtight container in the refrigerator.



<https://images.app.goo.gl/TuoQL1qsYrV>

## MEHNDI CONES

### Ingredients:

- Mehndi puree
- Empty milk packets/Plastic sheet
- Scissors
- Tape



<https://images.app.goo.gl/c5oDqCbkD1>

### Procedure:

- Beat the smooth mehndi puree and add a bit of water to get a thick yet smooth paste.
- Prepare cones using empty milk packets or plastic sheets.
- Fill these cones with the mehndi paste and seal with tape.
- Use them for beautiful designs on hands.

## INFO BUBBLE

Henna powder can be derived from crushing the leaves of the henna plant. The earliest use of this plant dates back to the Pharaohs in Egypt, some 9,000 years ago. Cleopatra, the last reigning queen of the ancient Egyptian civilization is said to have used henna to adorn her body and beautify herself.

The leaf part of the mehndi/henna plant is used to make dyes

## QUICK RECAP

Henna has cooling properties, used to relieve fever and stress since ancient times

Best henna paste is derived by crushing the leaves by hand on a 'silbatta'

## ASSESSMENT

Q1: Match the following with the correct option:

- |                     |                                           |
|---------------------|-------------------------------------------|
| • Henna             | Nails, Hair, Skin                         |
| • Ancient Use       | Scientific Name – <i>Lawsonia inermis</i> |
| • Used as a dye for | Adorn and Beautify Body                   |

Q2: Give another name for Mehndi.



## SPINACH PUREE

### Ingredients:

- Spinach: 1 kg
- Salt: to taste
- Water: as required

### Procedure:

- Wash the spinach leaves thoroughly to remove the excess dirt and pat them dry.
- Blanch the leaves in hot water and cool.
- Once cool, add to blender and salt to taste. Blend into a smooth puree.
- Store in an airtight container in the refrigerator or freeze into ice cubes for months.



<https://images.app.goo.gl/UUzoqni71cZc2oR18>

## SPINACH SOUP



### Ingredients:

- Spinach puree: 1 cup
- Butter: 2 tablespoons
- Milk: ½ cup
- Water: ½ cup
- Salt: to taste
- Pepper to taste
- Oregano: to taste
- Onion: ½ cup chopped
- Garlic: 1 teaspoon chopped
- Cream: 1 teaspoon



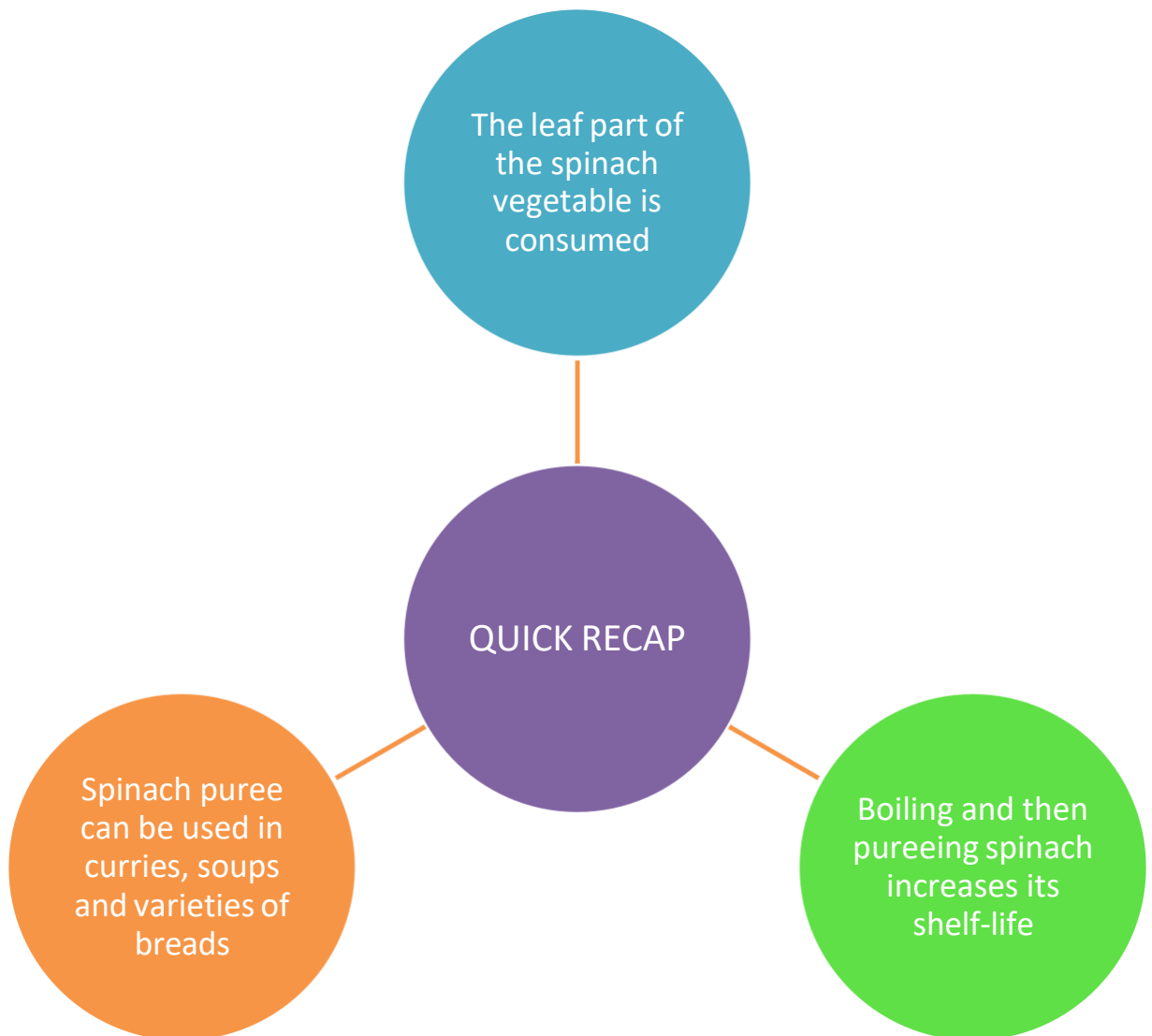
<https://images.app.goo.gl/UUzoqni71cZc2oR18>

### Procedure:

- In a saucepan, heat butter and add onion, garlic and sauté.
- Add the spinach puree, milk and water. Bring to boil.
- Add salt, pepper and oregano as per taste.
- Garnish with fresh cream and serve.

## INFO BUBBLE

Spinach (*Spinacia oleracea*) is a leafy green vegetable that originated in Persia. It belongs to the amaranth family and is related to beets and quinoa.





## ASSESSMENT

Q1: Complete the following statements

- a. Spinach is a rich source of \_\_\_\_\_.
- b. \_\_\_\_\_ is the top producer of Spinach.

Q2: Match the following with the part of the plant from which they are derived:

- |             |            |
|-------------|------------|
| a. Spinach  | i. Root    |
| b. Beetroot | ii. Flower |
| c. Broccoli | iii. Leaf  |



## CHAPTER 3

### COMMERCIAL VIEWPOINT

#### LEARNING OUTCOMES

- To know the marketing procedures
- To understand how a product is priced and sold in a market

#### LEARNING OBJECTIVES

- The students would be able to learn the concepts of cost price and selling price, profits and marketing.

#### DEVELOPMENT OF SKILLS AND COMPETENCIES

- Problem solving
- Financial Literacy
- Thinking and comprehension
- Effective communication

Material required	Fruit and Vegetable	Avg. market price ranges from Rs.15/kg to Rs.90/kg
Packaging	Zip lock bag	Rs.15/piece
	Glass Jars (200-400ml)	Rs.40/piece
Logo	Design and printout	Rs.100/50 stickers
Advertisement	Pamphlet, online marketing	Rs.10/pamphlet, online marketing free
Storage	Refrigeration and Sterilization	Unit wise cost
Final Cost price	Zip Pouch	Rs.40-60
	Bottles	Rs.80-100
Final Selling price	Zip Pouch	Rs.50-70
	Bottles	Rs.100-120

## ACTIVITY TIME

1. **LET'S RESEARCH:** Students would be divided into groups, and they would research the best quality and cost-efficient packaging options.
2. **LOGO-ING:** Using Microsoft and Adobe tools, students can design their own logos and pamphlets for branding and advertising.

### 3. A SINGLE SHEEP INFLECTS THE WHOLE FLOCK

**Objective:** To sort out the ripe fruits/vegetables for pureeing

**Steps:**

- The students of the class are divided into groups.
- Each group is provided with 1 kg of following items (the ones available in the season) for inspection-
  - Tomatoes
  - Bathua
  - Strawberry
  - Broccoli
  - Beetroot
- They are asked to segregate them into ripe/ fit for pureeing.
- 2 group members from each group note down the characteristics of a ripe/fit fruit/vegetable for pureeing.
- The groups weigh the items fit for pureeing and find out the ratio of items fit for pureeing to the total weight.
- The groups present their findings in class mentioning the characteristics of the fit fruit/ vegetable, cost incurred on the wastage, what will be the effect of using spoiled items in pureeing.

## ACTIVITY TIME

### 4. CLEANLINESS IS NEXT TO GODLINESS

#### Steps

- The students coat their hands with baby oil, then someone sprinkles their hands with cinnamon

#### OR

- Mix 10-15 oz. of inexpensive hand cream with 2 ounces of water-soluble fluorescent paint. Have participants apply the hand cream and rub it in well.
- Set up a handwashing station with soap and towels.
- Discuss information about Foodborne Illness, talk about food safety, and how it should be your priority whenever you are handling food.
- Discuss the importance of proper handwashing while handling food to reduce the transmission of germs.
- Students wash their hands for different periods of time (3 seconds, 5 seconds, 10 seconds, 15 seconds). Have them count out loud.
- The students regroup and hold out their hands for inspection.
- Group the hands in order from cleanest to dirtiest.

#### Questions for group discussion

- How is the cream/oil like germs or bacteria?
- How is the cream/oil different from germs or bacteria?
- Which person has the least number of “germs” on their hands?

## FIELD VISITS

1. Cremica Food Factory in Okhla to learn how purees can be turned into various sauces and dips
2. Nearby Ice Cream Factory (Cream Bell/Baskin-Robbins/Giani) to learn how fruit pulp can be converted to ice cream
3. School Cafeteria to understand how food is preserved and which all purees are used



## GLOSSARY

- **Puree** : It is cooked food, usually vegetables, fruits or legumes, that has been ground, pressed, blended or sieved to the consistency of a creamy paste.
- **Preservation** : The act of keeping something as it is, especially to prevent it from decaying or to protect it from being damaged or destroyed.
- **Pasteurization** : The process of heating every particle of product in properly designed and operated equipment to prevent spoilage.
- **Fermentation** : A metabolic process in which an organism converts a carbohydrate, such as starch or a sugar, into an alcohol or an acid.
- **Curing** : The addition to meats of some combination of salt, sugar, nitrite and/or nitrate for the purposes of preservation, flavor and color.
- **Canning** : A method of food preservation in which food is processed and sealed in an airtight container (jars like Mason jars, and steel and tin cans).
- **Irradiation** : A technology that improves the safety and extends the shelf life of foods by reducing or eliminating microorganisms and insects.
- **Dehydration** : Many types of food can be preserved for indefinite periods by extracting the moisture content out of it.
- **Vacuum Packaging** : A method of packaging that removes air from the package prior to sealing.
- **Smoking** : A method of drying that also imparts flavor to the food (usually meat items), and smoke helps keep bacteria-carrying-insects away during the drying process.

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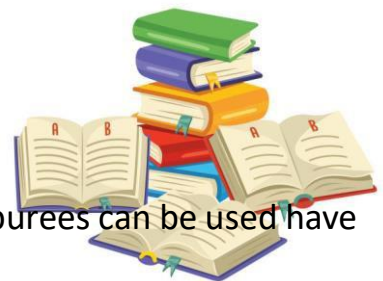
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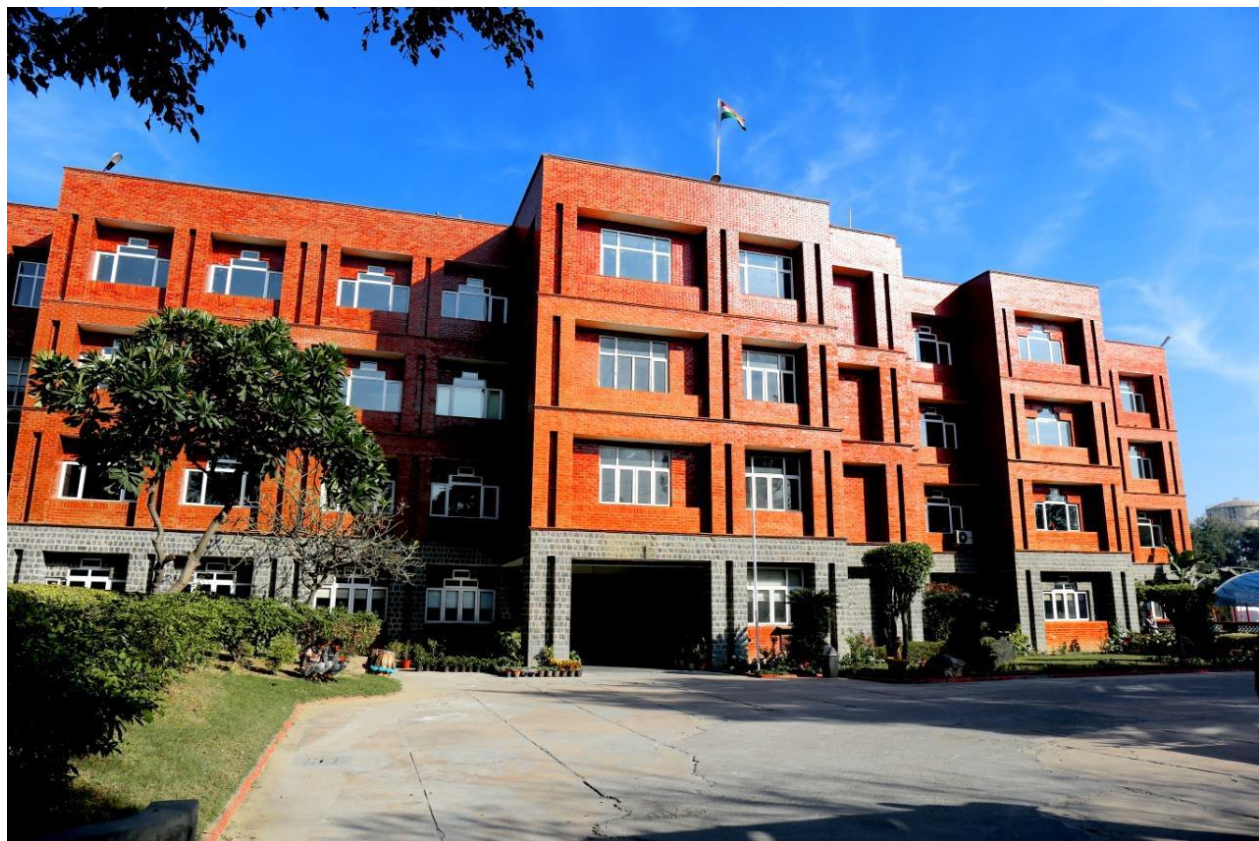
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Recipes :

All recipes related to making purees and where all purees can be used have been given by Mrs. Mehek Bhargava





# **UTTAM SCHOOL FOR GIRLS B BLOCK, SHASTRI NAGAR GHAZIABAD**